



THUNDER BAY JUDO DOJO - 4th KYU REQUIREMENTS (Junior Blue Stripe)
Going from Solid Green Belt to Blue Stripe

NAGE WAZA (Throwing techniques)	Performed to an acceptable standard, based on age/ability.
Uchi Mata (Inner Thigh)	Shown left and right
Hane Goshi (Springing Hip)	Shown left and right
Ushiro Goshi (Rear Hip)	
Ashi Guruma (Foot Wheel)	Shown left and right
Harai Tsurikomi Ashi (Sweeping lift pull Ankle)	
Hane Goshi Gaeshi (Spring Hip Counter)	
Uchimata Gaeshi (Inner Thigh Counter)	
Obi Otoshi (Belt Drop)	
Renwaku Waza (Combination Techniques)	Kaeshi Waza (Counter Techniques)
Ouchi Gari to Uchi Mata or Hane Goshi	Koshi Guruma countered by Ushiro Goshi
Failed Tomoe nage into takedown to Yoko shiho.	
	Shime Waza (14+)
	Ryote Jime (Two hand Choke)
	Tsukkomi Jime (Thrusting Choke)
*Random techniques from previous grades.	
Other Skills	
Judo specific games, used to develop judo skills.	Competition terminology and rules.
Nage no Kata (Forms of Throwing)	
1 st Set - Te Waza (Hand Techniques)	Perform as Tori
Uki Otoshi, Seoi Nage, and Kata Guruma	
2 nd Set - Koshi Waza (Hip Techniques)	General
Uki Goshi, Harai Goshi, and Tsurikomi Goshi	- Continuous respect for dojo rules.
	-Continuous respect for instructors and peers.

The judoka should attend 36 practices and be able to perform 25 full push-ups, 35 burpees and 40 modified sit-ups. All 3 of these exercise requirements may be easily practiced at home!

Minimum 11 years old to be promoted to blue stripe.